

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



No. 141.

January 22, 1937.

USES FOR RICE

With the bumper rice crop this year, thrifty housewives are looking about for as many ways as possible to use the "Oriental staff of life." The bland rice flavor goes well with many foods of more pronounced taste. For example, rice with curried meat or fish; with braised liver; with cheese sauce. The white flaky rice is a pleasing color contrast to reds, greens, yellows, and browns in sauces, vegetables, and side dishes. Its texture makes it a good carrier for many foods like gravies and stews.

There are a few rice dishes in which the rice is cooked in stock or in milk or tomato juice until the liquid is absorbed or considerably thickened. Sometimes, as in pilau, or pilaf, the rice is first browned in salt pork and then cooked in hot water or meat broth. Chicken jambolaya is a rice dish in which the rice is cooked in chicken stock with bits of chopped chicken through it. Creamy baked rice pudding is cooked from the start in milk. But for most rice combinations the rice is boiled in water until tender and in whole flaky grains. Then other materials or sauces are mixed with it or served over it.

The secret of cooking rice so that the grains stay whole is to use lots of water - 8 cups of actively boiling salted water to 1 of rice.

Boil gently with the pan uncovered until the grains are tender with no hard center when pressed between the thumb and finger. Drain in a colander or sieve, put hot water through to separate the grains and remove loose starch, cover with a clean cloth and set over hot water at back of stove or in a warm oven. The kernels will continue to swell. One cup of rice, uncooked, will yield about 3-1/3 cups of boiled rice. The rice is now ready to serve with meat, poultry, gravy, or sauces, or to put into soups, stews, hash, baked dishes, muffins, waffles, curries, omelets, or other dishes. For rice patties, rice ring, and rice croquettes, boil with less water, drain but do not rinse.

#

